



## Understanding Our Fears

In this session, we will uncover some of the fears that shape our lives. Asking ourselves difficult questions and working with the group will help us see our fears more honestly. Creative planning will minimize the impact fears have on our relationships. As we discover and share our fears in a group, we often feel relieved and energized. We also notice our group becoming more bonded and energized.

- Are you afraid that a new risk will fail? What will this mean about your self-image? How does this fear change your daily interactions with your spouse or your kids?
- Are you afraid your spouse is unhappy about how much time you've been spending on a new project? Does this fear change the way you interact? Do you react by spending more time together or do you prioritize the project more to justify its existence?
- Are you afraid for an aspect of your children's future? How does this change the way you interact with them?

Most people are carrying fears they have not acknowledged. These unaddressed fears can:

- Distort our daily priorities
- Burden our relationships
- Hurt our physical bodies

My expertise in teaching the management of extreme fears and phobias comes from working with autism. The techniques I use can be deployed powerfully for people who are stymied by fear. The exaggerated platform of autism has given me insights into the role that fear and anxiety play in everyone's daily lives.

Custom sessions are available from 2 hours to all day.



Questions or scheduling requests:  
[Sylvia@vanMeertenConsulting.com](mailto:Sylvia@vanMeertenConsulting.com)  
828.458.0313